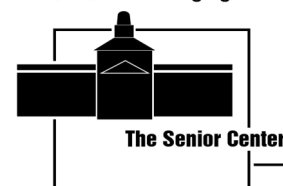


# COMING OF Age

Your Center for Connection

City of Newton  
Department of Senior Services

Newton Council on Aging



Published Bi-Monthly  
Issue #1 Volume VII

Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ [www.newtonseniors.org](http://www.newtonseniors.org)

## January - February 2014

### Fuel Assistance for Newton Residents

Action for Boston Community Development's (ABCD) Low-Income Home Energy Program (LIHEAP), or fuel assistance program, provides heating bill payment assistance to more than 20,000 low income residents of Boston, Brookline, and Newton. Eligibility is based on total gross income (before taxes and deductions) of all household members.

The program runs from November 2013 through April 2014. Apply early! First time applicants must apply in person. Newton residents age 60 and over can schedule an appointment by contacting Christie Rexford, Outreach Worker with the Department of Senior Services at 617-796-1672 or [crexford@newtonma.gov](mailto:crexford@newtonma.gov).

Residents under 60 can contact Meghan Kennedy, Community Social Worker, at 617-796-1282 or [mkennedy@newtonma.gov](mailto:mkennedy@newtonma.gov).

Number in Household	Income limit
1	\$32,065
2	\$41,932
3	\$51,798
4	\$61,664

### Health Maintenance Clinics

Get your blood pressure taken, ask a medication question or consult with the Public Health Nurse about a medical problem. The schedule for these clinics will resume in January.

If anyone needs an appointment prior to this time, please call 617-796-1420 and the Public Health Nurse will try to accommodate you.

Newton Senior Center  
Lower Level Health Office  
First and third Wednesdays  
9:00 - 11:00 a.m.  
January 15, February 5, 19

Newton Free Library  
Druker Auditorium  
Second and fourth Mondays  
9:00 - 11:00 a.m.  
January 13, 27, February 10, 24



### In case of bad weather

Call the Center's main number, 617-796-1660, after 7:00 a.m. The message will tell you that we are closed for the day, we are having a delayed opening or the message will be our regular message in which case we will be open as usual. If schools are closed we are closed and sometimes we are closed when schools are open. No announcement will be made on TV or radio.

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# Senior Center News

## Director's Corner

On behalf of the staff of the Department of Senior Services, I hope you had a wonderful holiday season!

During this season of giving, thanks, and reflection, I want to take this opportunity to thank those who support our work and mission.

Thanks to those of you who participate in our programs and find value in our services.

Thank you to the Council on Aging Board members, the Senior Citizens' Fund of Newton, Inc. members, and the hundreds of volunteers who share their time, energy, and talents to make Newton a community where people choose to age.

I would like to thank our state legislators for backing increases to line items that support seniors in the state budget process. Specifically, I want to thank Senator Cynthia Creem and Representatives Ruth Balser, Kay Khan, and John Lawn for their support of the increase to the Council on Aging formula grant.

Lastly, I want to thank Mayor Warren for not only supporting the work of Senior Services, but also for the recognition of the importance of including seniors in the creation of his Vision for Sustainable Livable Model City of the 21st Century.

Warmly, 

## Senior Center Closures

Wednesday, January 1	New Year's Day
Monday, January 20	Martin Luther King, Jr. Day
Monday, February 17	Presidents' Day

## Free Museum of Fine Arts Passes

The MFA generously donated a number of tickets. Sign up with the Front Desk, 617-796-1660, by February 7 to enter the lottery for two tickets to the MFA. We will draw names and contact the winners.

## Educational Programs

We are excited to offer programs in collaboration with community organizations and businesses. These presentations are non-branded and intended to be general and informative. The Department of Senior Services does not endorse any one organization but encourages residents to explore resources in the community.

## Senior Center Meals

Lunch Monday-Friday, 11:45 a.m. To reserve call 617-796-1660 by 11:00a.m. the previous day. A voluntary donation of \$2.00 is suggested per meal. *Springwell makes these lunches possible.*

## Disclaimer

We thank the advertisers featured in this newsletter for their support. They make the printing of the Coming of Age possible. The Center does not specifically endorse any service or product advertised herein. We *do* encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider some of our supporters when doing so.

## Health Maintenance Clinics

*Blood pressure checks, medication questions and more!*

Nurse's Office, Lower Level, Senior Center  
Wednesdays, January 15, February 5, and 19  
9:00 to 11:00 a.m.

## Boston College Legal Assistance Bureau

Make an appointment for legal consultation with a law student, supervised by a law professor from Boston College Legal Assistance Bureau. Appointments are fifteen minutes between 12 and 2, and are scheduled on the first Friday of the month in February, March and April. Please call 617-796-1660 to make an appointment.

For further assistance please call the Waltham office of Boston College Legal Assistance Bureau, 781-893-4793.

## Notary Public

Notary Public services are available at the Newton Senior Center. For more information and to schedule an appointment contact Outreach Worker, Christie Rexford at 617-796-1672.

## SHINE Appointments Available

Please call 617-796-1660 to schedule an appointment for Medicare health benefits counseling. See page 6 for more information.

## Tax Season Ahead

The Newton Senior Center in conjunction with AARP is getting ready to help you prepare your taxes for filing. The Senior Center will begin accepting calls to make appointments on January 13. The actual appointments will be scheduled beginning February 10.

- Appointments are held during the center's regular hours of operation: 8:30-4:00 p.m.
- Those eligible must be 50 years or older.
- Complex returns will be referred to private tax preparers.
- Returns will be promptly e-filed.
- The tax aides working on the forms have been trained by AARP and are volunteers.
- Those wishing to make a donation to the senior center in thanks for this service may do so by writing a check to the Newton Senior Center and leaving it in the office on the Mezzanine.
- To make an appointment call 617-796-1660.

## NEW! Ageless Grace

Mondays, beginning January 6  
11:00 a.m.

Ageless Grace is a fitness and wellness program performed primarily while sitting in a chair. This program is particularly good for those with limited mobility or strength. We'll practice simple exercises emphasizing anti-aging techniques such as joint mobility. Taught by Zumba Gold instructor, Mary Stevenson, this is a drop-in program.

## Tai Chi for Arthritis II

Mondays and Fridays, Jan. 6 - Mar. 7

Tai Chi for Arthritis II is an advanced beginner course for those who have already taken the initial Tai Chi for Arthritis course. Participants in this evidence-based course will continue to perform enjoyable exercises designed to help relieve pain, improve balance, overall health, ability, and confidence. Developed in conjunction with the Arthritis Foundation. This program is brought to you by Springwell and is funded in part by a grant from the Tufts Health Plan Foundation and the MA Executive Office of Elder Affairs. **Registration required.**

## Beginning Italian

Tuesdays, Jan. 7, 14, 21, 28, Feb. 4, 25, Mar. 4

1:00 - 2:00 p.m.

For those who want to enjoy learning this most musical language. You will learn to communicate in Italian and have fun doing it. Wonderful for traveling or socializing or playing with children. Open to beginners and beyond. Materials provided. Just bring your best attitude! Taught by Claudia Cronin, instructor at Massasoit College and Dante Alighieri in Cambridge. **Registration required.** Cost: \$50, minimum enrollment 10.

## Dialogue with the Director

Tuesday, January 7 and Friday, February 21

12:00 p.m.

Join Jayne Colino, Director, Department of Senior Services, for an informal discussion.

## How Physical Therapy Can Help to Reduce Chronic Pain

Wednesday, January 8

12:30 p.m.

Human healing often begins with touch. Learn how manual therapy can help with chronic pain, stress, or depression. The body works on electrical impulses and various manual techniques can often influence the body's natural processes towards healing. The neurological system is often overlooked when treating chronic pain. Cranio-sacral therapy techniques will be demonstrated. Presented by Jeff Goldman, PT, with Newton Physical Therapy.

## Hearing Screening

Thursday, January 9

11:00 - 1:00 p.m.

A representative from Mass Audiology will be giving free hearing screenings. If you already have hearing aids, they can clean them and replace the batteries. Appointments last for ten minutes. **Registration required.**

## A Matter of Balance: Concerns about Falling

Tuesdays, February 4 to March 25

2:00 - 3:30 p.m.

Many adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. Through this evidence based program participants learn to view falls as controllable and make changes to reduce fall risk at home. This is a free program sponsored by Newton-Wellesley Hospital. Preference will be given to those who have not previously taken the class. Taught by Robin Resnick. **Registration required.**

## Book Club

Friday, January 17 and February 21

10:00 - 11:30 a.m.

In January we will discuss *Roses* by Leila Meacham. In February we'll discuss *And the Mountains Echoed* by Khaled Hosseini. In March we will read *The Last Wife of Henry VII* by Carolly Erickson. All are welcome!

## An Introduction to Genealogy and Family History

Monday, January 13

2:30 p.m.

Ginny Audet will present the basic steps to searching for your ancestors and discovering your family's history. There will be handouts, including one on various ways to save your own memories. Collecting your family's history is the best gift you can give to both yourself and to your family. Ginny is a Reference Librarian at the Newton Free Library who loves just about anything related to family history and genealogy. She has taught numerous beginning genealogy classes at the library and is also in charge of the Newton Genealogy Club.



## Alderman Vicki Danberg

Wednesday, Jan. 15 and Feb. 19

10:00 a.m.

Have coffee or tea and converse with the Alderman during her monthly visit.

## Paring Down to Essentials: What to throw away, what to keep and how to safely keep what you have

Wednesday, January 15

12:30 p.m.

Are you wondering how you'll ever fit all your belongings into a smaller living space? What can you afford to throw away? What should you keep? What are the ideal, and the practical ways to store what you have? Join Personal Historian Marjorie Turner Hollman and get tips about how to choose what you keep, how best to store essential documents, and how to preserve the stories behind your photos, furniture, family letters, diaries, and more.

## LGBT and Allies Potluck

Wednesday, January 15

6:30 - 8:00 p.m.

The Senior Center will host a potluck dinner. Come to socialize, learn more about services or to discuss issues facing the aging lesbian, gay, bisexual and transgender community. This event is free and open to the public, but please bring a dish to share. This bi-monthly potluck will meet the third Wednesday of the month.



## Wild and Woolley: Tour and Film

Friday, January 17

1:00 p.m.

The exhibition's title, *Wild and Woolley*, is an American expression that originated after the California Gold Rush era of the 1850s to describe the 'wild' west of the country. Within a fine arts context, the phrase is alluring for its rich descriptive and physical properties, as relating to surface and texture. The exhibition title also references the 1917 silent film of the same name, which tells the story of one man's personal odyssey from sophisticated Easterner to Western tough guy. Meet at the New Art Center, 61 Washington Park for the gallery tour and film screening.



## Reiki and Aromatherapy

Wednesday, January 22

12:30 p.m.

We'll be discussing ways that collaborative efforts of conventional clinical care and complementary therapies can optimize the end of life experience for the resident/patient, their families and staff. Reiki practice (spiritual practice that uses light touch) and aromatherapy/essential oils is incorporated into mainstream medicine as a non-invasive, comfort options to complement standard medical treatments for self-care and care for others. Presented by Ann Brum, Reiki Master Teacher and Volunteer Supervisor at Care Alternatives.

## Healthy Eating

Wednesdays, January 22 - February 26

1:00 - 3:30 p.m.

Commit to your New Year's Resolution! This six-week evidence based program is for individuals who want to learn more about how nutrition and lifestyle changes can promote better health. We cover healthy choices in each of the food groups, appropriate portion sizes, and how to read nutrition labels. The class includes a field trip to a grocery store and concludes with the class working together to plan, cook, and enjoy a meal together. Sponsored by Springwell. **Registration required.**

## Theater Workshop: The Art of Living

Fridays, Jan. 17, 24, 31, Feb. 7, 14, 21

1:00 - 2:00 p.m.

For thousands of years, people from diverse cultures around the world have passed on their traditions, beliefs, and advice through the telling of stories. Come and explore life's stories spontaneously and in a playing environment. Through games, improvisations and written text we will listen to each other and learn more about ourselves as we share the gift of stories and timeless experiences. This class is led by Susan Becker, an actor, director and educator who has worked extensively in classrooms and communities. **Registration required.** Cost: \$20, minimum enrollment 10.

## Parkinson's Group

Monday, January 27 and February 24

10:30 - 11:30 a.m.

This group meets monthly on the last Monday of the month.

## In Your Words: Writing Seminar

Wednesdays, Jan. 29 - Mar.

26. no class Feb. 19

9:45 - 11:15 a.m.

As we live our lives, we tend to reflect on our past. We think of who we are, where we've been, who we've been with, and what meaning we can make from our own stories. Telling your story in your words is a way to order your life by giving meaning to your unique experiences. Bring a short page or two about yourself or your favorite memoir to the first class. Help us honor each other's stories in a warm and supportive atmosphere. **Registration required.** Cost: \$134 for eight weeks, +\$6 registration fee. This is a Newton Community Education program hosted by the Senior Center. To register, please call 617-559-6999 or visit [www.newtoncommunityed.org](http://www.newtoncommunityed.org).



## Brain Gym

Wednesday, January 29

3:30 - 4:30 p.m.

Learn how computer-based training can help train attention (through neurofeedback) and cognition (through computer-



based brain gym exercises). If you are interested, please come along to listen, ask questions, and try out the neurofeedback training! Presented by Dr. Naomi Steiner, a pediatrician for 20 years; she specializes in how the brain develops and has been doing research on computer-based attention and cognitive training for the past ten years.

## Short Story Group

Thursday, January 30 and

February 27

10:30 a.m.

This monthly group discusses one selected story. Copies of the next short story can be picked up at our reception desk or available on our website. Facilitated by Ditta Lowy.



## Sports Talk

Friday, January 31 and February 28

12:00 p.m.

Join in the conversation and discuss the great teams of the past and the sports of today. How did you feel when the Braves left town? Who were your favorite players? What are other teams you follow? All are welcome to this monthly group.

## Stress Management and Balance

Wednesday, February 5

12:30 p.m.

What would life be like with less stress and more balance? Medical studies claim that stress is the #1 cause of disease in our culture. Come learn easy exercises to relieve stress and anxiety from running your life. Have fun in the flow, exploring ways to be more mindful, grounded and alert. Practice Medical Qigong and Tai Chi exercises to ease pain and stress while improving balance, flexibility and overall health. Experience ways to release tension, embrace energy and behold balance. Led by Alan Krentzel, graduate of UMass Medical School's Practicum as an instructor of Mindfulness Based Stress Reduction and Tai Chi & Qigong at Roots and Wings Healing Arts.



# Programs

January • February

## MBTA Senior CharlieCard

Friday, February 7  
1:30 - 3:30 p.m.

Renew or sign-up for a Senior CharlieCard pass at the Center. Applicants must be over 65 and bring a photo ID that includes a birthdate.

## Newton Free Library: Finding Health Information

Monday, February 10  
2:30 p.m.

Participants will learn about the health information resources that are organized and offered by the Newton Free Library. Maura Copeland is a Reference Librarian and coordinates the Homebound Library Program.

## Publish Your Own Book? Yes You Can!

Wednesday, February 12  
11:30 a.m.

The best way to preserve your family documents is still in book form. This workshop will discuss options available and steps you can take to get your family history (research and family stories) into book form. We will discuss resources available, different POD companies and their pros and cons, short cuts in producing professional-looking layouts, and some helpful equipment that can make the job easier (and which you can use to help others who want to create a family heirloom book themselves.) Marjorie Turner Hollman has published a number of personal histories and is the Southern New England Chapter Coordinator for the Association of Personal Historians.

## Cooking Class

Thursday, February 13  
2:00 p.m.

Join Whole Foods Market Newton's Healthy Eating Specialist, Meghann Jurkowski, for a cooking demonstration and tasting on how to cook and eat on a low sodium diet. Learn how to make a number of dishes full of flavor without all the salt! We will also be discussing how to properly read a nutrition label to further avoid over consumption of sodium. **Registration required.**



## Fitness Classes: All are welcome to join! \$2 donation paid in each class unless otherwise noted. Drop in!

\*indicates \$3 class, ° indicates a preregistered class

### Mondays

8:45 a.m. Tai Chi\*  
10:00 a.m. Zumba Gold  
11:00 a.m. Ageless Grace  
12:45 p.m. Beyond Balance°  
2:00 p.m. Yoga: chair

### Tuesdays

9:00 a.m. Aerobics  
10:30 a.m. Muscle Cond.

### Wednesdays

9:00 a.m. Walking Group  
10:45 a.m. Beyond Balance°

### Thursdays

10:00 a.m. Beg. Tai Chi\*  
Sponsored in part by Wingate  
11:00 a.m. Tong Ren  
11:45 a.m. Tai Chi\*  
1:00 p.m. Yoga: chair  
2:00 p.m. Yoga: mats  
(mats provided)

### Fridays

9:00 a.m. Aerobics  
10:30 a.m. Muscle Cond.

## Beyond Balance, \$50 for 8 weeks

*Mondays*, 12:45 - 1:45 p.m. Current session: January 6, 13, 27, February 3, 10, 24

*Wednesdays*, 10:45 - 11:45 a.m. Current session: January 8, 15, 22, 29

New session: February 5, 12, 19, 26, March 5, 12, 19, 26

## Art Classes: Research shows that art is important for all ages, and improves cognitive function. Try a new class and explore your creative side! Registration required. Call 617-796-1670.

### Ceramics, \$50 for eight weeks

Thursdays, 12:30 - 2:00 p.m.

Current session, six classes remaining: Jan. 2, 9, 16, 23, Feb. 6, 13  
New session: Feb. 27, Mar. 6, 13, 20, 27, Apr. 3, 10, 17

Create 3D platters and sculptures or glaze molded pieces. Bet Lee instructs.

### Fused Glass, \$25 for each class

Wednesdays, January 7, 21 and February 4, 11, 1:00 p.m.

Each participant will create a decorative utilitarian plate, great for a gift! Taught by local glass artist Suzi Wilder. The cost for this class covers materials.

### 3D Open Studio, Free

Tuesdays, 1:00 - 3:00 p.m.

Bring your own materials and enjoy the creative setting.

### 2D Open Studio, Free

Wednesdays  
9:30 - 11:30 a.m.

All are welcome to use the art room and work with fellow artists in our well-lit space. Local artist David Wenstrom offers instruction and guidance.

## Ongoing Drop-In Programs

### Monday

9:00 a.m. Pool Cues  
9:00 a.m. Beg. Spanish  
1:00 p.m. Mah Jongg  
1:00 p.m. Scrabble  
1:00 p.m. NewsTalk

### Tuesday

9:00 a.m. Int. Spanish  
9:30 a.m. Bridge Lesson  
10:30 a.m. Int. Spanish  
1:00 p.m. Bingo  
1:00 p.m. 3D Open Studio  
1:30 p.m. Swing Band

### Wednesday

9:00 a.m. Pool Cues  
9:30 a.m. 2D Open Studio  
9:30 a.m. Chamber Mus.  
11:30 a.m. Piano music  
1:00 p.m. Duplicate  
Bridge

### Thursday

9:00 a.m. Knitting  
10:00 a.m. Current Events  
10:30 a.m. Mandarin Con.  
1:00 p.m. Games (Mah Jongg, Bridge, Canasta)  
1:30 p.m. French Salon

### Friday

9:00 a.m. Pool Cues  
10:00 a.m. Beg. French  
12:00 p.m. Poker  
1:00 p.m. Chess  
1:00 p.m. Bingo

## Movies & popcorn: 1:00 P.M. WEDNESDAYS

Subtitles available for all movies upon request.

**January 8, *Before Midnight*:** This second sequel to the romantic drama *Before Sunrise* checks in with multinational lovers Jesse and Celine nine years after they reunited. Living in Greece, the couple struggles with emotions brought relating to parenthood, middle age and faded romance. 2013, R, 113m

**January 22, *What Masie Knew*:** In this updated rendering of the timeless Henry James novel, a perceptive 6-year-old girl becomes a bargaining tool when she gets caught in the midst of a toxic custody fight between her self-seeking, childish parents. 2013, R, 98m

**January 15, *The Sapphires*:** The spirit and vitality of 1960s soul music are at the core of this film about a real-life Australian aborigine singing group and their bumpy career. Three sisters and a cousin are brought together as the Sapphires by a talent scout with a plan. 2012, PG-13, 98m

**January 29, *Kon Tiki (Norwegian film in English)*:** With five loyal friends in tow, explorer Thor Heyerdal sails a fragile balsa wood raft along an ancient path some 4,300 miles across the Pacific. Along the way, they're attacked by tidal waves, sharks and all the dangers the ocean can muster. 2012, PG-13, 96m

**February 5, *To Rome with Love*:** In this Woody Allen-directed romp through Rome, an opera director discovers a potential new star in an unexpected place, a young architect battles feelings for his girlfriend's gal-pal, and an average guy suddenly finds himself hounded by paparazzi. 2012 R, 112m

**February 19, *Unfinished Song*:** With his wife Marion terminally ill, 72-year-old Arthur sees a future that's nothing but grim. But when he takes Marion's place in their church's very unconventional choir, he begins to find joy in life again. 2012, PG-13, 93m

**February 12, *Hope Springs*:** After decades of marriage, Kay and Arnold go to a couples' counselor in order to spice things up and reconnect. The real challenge for both of them comes as they try to reignite the spark that made them fall for each other in the first place. 2012, PG-13, 100m

**February 26, *No (Spanish with English subtitles)*:** In this engaging drama from Chile, Gael García Bernal portrays René Saavedra, a hot-shot ad executive who creates a controversial media campaign opposing military dictator Augusto Pinochet during the referendum on his presidency in 1988. 2012, R, 116m

## SHINE (Serving Health Insurance Needs of Everyone)

### Can I still change my Medicare Plan?

The 2013 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans.

For those with a **Medicare Advantage Plan**:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs:

You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

## Healthy Tidbits

Health & Human Services Department  
1000 Commonwealth Ave  
617-796-1420

### Pneumococcal Vaccine Available

*by appointment only*

January and February at Newton City Hall  
Call 617-796-1420 to make your appointment.  
Free, but bring your Medicare and insurance cards!

Pneumococcal polysaccharide vaccine Pneumovax 23 (PPSV23) will be available at Newton City Hall free of charge this winter.

Pneumococcal disease is caused by the bacteria *Streptococcus pneumoniae*. The most common infection is pneumonia but other serious infections can also occur. While anyone can get pneumococcal disease, people 65 years and older, those with certain chronic medical conditions, those with a weakened immune system and smokers are at greater risk. This “pneumonia vaccine”, protects against 23 strains of pneumococci that can lead to serious infection.

Check with your primary health care provider to see if you need PPSV. It is not a vaccine you get every year. It is usually given once or twice in a lifetime, depending upon age and medical history.

A second dose is recommended for people 65 years and older who got their first dose when they were younger than 65 or for some after 5 or more years have elapsed since the first dose. Check with your health care provider. A second dose is not recommended earlier than 5 years after the first dose.

# Transportation Services

Transportation Services now includes Village Centers. The growth in this service is thanks to the effort of the Senior Citizens Fund of Newton, Inc.

## For Newton Residents 60 years and older

- *Three (3) day advance reservation unless otherwise noted*
- **Medical Transportation:** Monday-Friday, 8:00 a.m. to 5:00 p.m. Newton to medical appointments and specific destinations.
  - ◊ 15 – 70 Walnut St., Wellesley
  - ◊ 1 Washington St., Wellesley
  - ◊ 173 Worcester Rd., Wellesley
  - ◊ 195 Worcester Rd., Wellesley
  - ◊ 230 Worcester Rd., Wellesley
  - ◊ 830 Boylston St., Chestnut Hill
  - ◊ 850 Boylston St., Chestnut Hill
  - ◊ 1244 Boylston St., Chestnut Hill
  - ◊ 1153 Centre St., Boston (Faulkner Hospital)
  - ◊ St. Elizabeth's Hospital
- **The Shopper's Service:** Tuesday, Wednesday or Thursday between 10:00 a.m. and 2:00 p.m. Your choice of Newton market
- **Long-term Care Facilities:** Monday-Friday, 8 a.m. to 5 p.m. To destinations in Newton. Limit 2 visits per week.
- **Houses of Worship:** To destinations in Newton for religious services.
- **Select Adult Day Health locations:** Monday-Friday
- **Newton Free Library & Newton City Hall:** Mondays & Wednesdays, 8 a.m. to 5 p.m. Sunday Library, 1-5 p.m.
- **Newton Senior Center:** Monday-Friday, 8 a.m. to 4 p.m. Reserve by 4:00 the previous day for this service only.
- **Village Centers, Available Monday - Friday, 8:00 a.m. to 5:00 p.m.**
  - Auburndale:** 2040 Commonwealth Ave - 2122 Commonwealth Ave, 422 Lexington Street – 427 Lexington Street, 271 Auburn Street – 349 Auburn Street
  - Chestnut Hill:** 280 Boylston Street – 1184 Boylston Street, 525 Hammond Street – 615 Hammond Street (includes Post Office on corner of Middlesex Road)
  - Newton Centre:** 821 Centre Street – 1148 Centre, 10 Langley Road – 82 Langley Road, 714 Beacon Street – 847 Beacon Street, 10 Union Street – 43 Union Street
  - Newton Corner:** 259 Centre Street – 447 Centre Street, 275 Washington Street – 399 Washington Street
  - Newton Highlands:** 1149 Walnut Street – 1203 Walnut Street, 1 Lincoln Street – 63 Lincoln Street
  - Newton Upper Falls:** 1185 Chestnut Street – 1225 Chestnut Street, 77 Oak Street – 108 Oak Street
  - Newtonville:** 241 Walnut Street – 345 Walnut Street, 743 Washington Street – 897 Washington Street
  - Nonantum:** 291 Watertown Street – 420 Watertown Street
  - Newton Lower Falls:** 2000 Washington Street – 2366 Washington Street
  - Oak Hill:** 663 Saw Mill Brook Parkway – 675 Saw Mill Brook Parkway
  - Thompsonville:** 386 Langley Road – Route 9
  - Waban:** 1625 Beacon Street – 1651 Beacon Street, 4 Windsor Street – 10 Windsor Street, 69 Wyman Street – 87 Wyman Street
  - West Newton:** 1239 Washington Street – 1391 Washington Street

### Transportation to January and February Events

The Newton Department of Senior Services is offering transportation through the “yellow voucher” system to these upcoming events. Reservations must be made at least three days in advance.

#### The Charles River:

##### A History of Greater Boston's Waterway

Newton Free Library, 330 Homer Street  
Tuesday, January 14, 7:00 p.m.

#### A City of Villages--The 2014 Newton History Series

##### Voices of Newtonville: A Village History

Newton Free Library, 330 Homer Street  
Thursday, February 27, 7:00 p.m.

Please make all reservations by calling 617-796-1288

Travel vouchers are good for all of the above services.

Vouchers are available at the Senior Center, or by mail. The suggested contribution is \$4 per voucher. A minimum contribution of \$2 required per voucher. One voucher is used each way; two vouchers for a round trip. For those unable to budget the minimum amount or more, *please* request an exemption form. Acceptance of your exemption will enable you to forgo a contribution. Payment is required before vouchers will be sent through the mail.

*If you have questions about the services or about alternative transportation please call Alice Bailey at 617-796-1664.*

## With Gratitude

- Thank you to Benchmark Senior Living, Newton Healthcare Center and Veterans' Taxi for this support of the Walk to End Alzheimer's • Thank you to Whole Foods Newtonville for donating an amazing Thanksgiving Dinner •
- In memory of Kay Nicolazzo: Oletta Atkins, Marie Calderone, Janet Carvelli, Janice Ferguson, Miller and Betty Ferguson, Nancy Parritz, and Beebe Sinofsky • Doris Lelchhook in memory of Susanne Spatz •
  - In Gratitude to the Newton Senior Center from the Needham Bridge Group •
- In Memory of Pat Quirk: Elaine Abramowitz, Sue Andrews, Oletta Atkins, Marie Calderone, Janet Carvelli, Georgette Dikmak, Louise Dikmak, Joan Goldblatt, Jack and Joan Garabedian, Louise Kittredge, Ruth Levens, Simone Quigley, Pearl Rosenthal, William and Lizbeth Sheehan, Kay Simonds, and Lillian Wilker •
  - Bea Carp in memory of Joanne's father-in-law, Herbert Fisher •
- Waterstone at Wellesley for the delicious refreshments for our Holiday Party •
  - The Residences at Wingate for supporting the Beginning Tai Chi class •

### Upper Falls Senior Group

Emerson Center, Pettee Street  
Wednesdays, 10:00 to 11:30 p.m., weather permitting

Join us for fun and games!

### South Side Senior Group

Shuman Center, 675 Saw Mill Brook Pwky  
Thursdays, 9:30 to 11:00 a.m., weather permitting

Join us for fun and games!

### Historic Newton 527 Washington Street, Newton MA, 02458

**Newton Salutes! From Branch Library to Senior Center:  
The Story of 345 Walnut Street**  
Through February 15, 2014

Learn the fascinating history of the Newtonville Branch Library Building and its re-use as the Newton Senior Center over the last 20 years. Using images from the building's original construction and dedication, as well as photos and documents of the opening of the Newton Senior Center in 1993, this exhibit traces the history of an important Newtonville landmark.

**Newton Community Weekend**  
Saturday and Sunday, January 4 and 5  
12:00 - 5:00 p.m.

Newton residents are invited to enjoy free admission to the museum. Start the New Year off with a visit to your City Museum!

#### The Charles River: A History of Greater Boston's Waterway

Tuesday, January 14, 7:00 p.m.

The Charles River defines a good portion of Newton's city boundary, and has been entwined with the city's history from its founding. It has served as a source of waterpower, transportation, and recreation for Newton and the other 23 towns and cities along its route and is featured in the stories of many prominent individuals and inventions. Join author Ted Clarke as he illuminates the story of the river, which is the subject of his new book *The Charles River: A History of Greater Boston's Waterway*. Co-Sponsored by Historic Newton and the Newton Free Library. *At the Newton Free Library, 330 Homer Street.* Free.



#### Newton Community Weekend

Saturday and Sunday, February 1 and 2,  
12:00 – 5:00 p.m.

Newton residents are invited to enjoy free admission to the museum.

#### Weaving Workshop

Wednesday, February 19, 2:00 p.m.

#### A Vacation Week Family Program

Have you ever wondered how people made cloth at home before store-bought cloth was available? Want to try weaving your own cloth? Join Beth Guertin, a weaver and teacher of weaving for over twenty-five years, in this hands-on workshop. Watch a demonstration of loom-weaving techniques, and then give it a try yourself! *Cost: \$25 per family (\$20 for members) includes museum admission and materials. Prepaid registration is required, limit 25; call 617-796-1450 to register.*

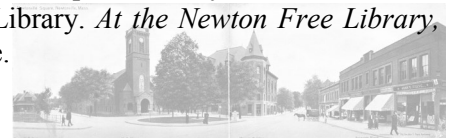


#### A City of Villages--The 2014 Newton History Series

#### Voices of Newtonville: A Village History

Thursday, February 27, 7:00 p.m.

Come explore the history of Newtonville from its rural beginnings, through its suburban development as a railroad stop, to the changes brought by the construction of the Mass Pike. Harvard graduate student and Historic Newton intern Tracy Lindboe will lead us through the development of Newtonville using historic images and narratives from past Newtonville residents. Co-Sponsored by Historic Newton and the Newton Free Library. *At the Newton Free Library, 330 Homer Street.* Free.





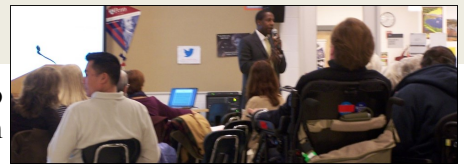
## Mayor Warren Hosts Kick-off for Consolidated Plan

On Thursday, November 21, 2013, Mayor Setti D. Warren welcomed more than 80 members of the community to Newton North High School to mark the start of the Consolidated Plan process. The FY16-20 Consolidated Plan is a document developed by the Planning and Development Department's Housing and Community Development Division through an assessment of community development and housing needs for low- to moderate-income people in the City and region, as well as the development of strategies to address those needs. Once the Plan is completed, it will guide the investment of federal funds the City receives for the following five years, July 1, 2015 through June 30, 2020, including Community Development Block Grant (CDBG) for a variety of purposes, HOME Investment Partnerships Program (HOME) for affordable housing development, and Emergency Solutions Grant (ESG) funds to assist people facing homelessness.

Mayor Warren spoke about his vision of making Newton a sustainable community, modeled on the federal Partnership for Sustainable Communities between the U.S. Departments of Transportation and Housing and Urban Development, as well as the U.S. Environmental Protection Agency. The Partnership "works to coordinate federal housing, transportation, water, and other infrastructure investments to make neighborhoods more prosperous, allow people to live closer to jobs, save households time and money, and reduce pollution," according to the overview on the Partnership's website, and the City of Newton intends to find similar

opportunities to coordinate such efforts.

The event included a presentation by Candace Havens, Director of the Newton Planning and Development Department, who explained the elements of the Consolidated Plan process and projects that had been successfully completed through previous Consolidated Plans. Dori Zaleznik, Commissioner of the Health and Human Services Department, and Jayne Colino, Director the Department of Senior Services, reiterated the multidisciplinary approach of the five-year Consolidated Plan. Attendees then discussed the most pressing needs of the community, particularly for people with low to moderate incomes and offered ideas of how to best use available resources to meet these needs.



Mayor Warren speaks to attendees at the Consolidated Plan event on November 21.

The City will be hosting many public meetings and events to identify needs for accessible public places, affordable housing, and human services. Seniors are an important population served by these funds, and the Housing and Community Development Division hopes that older adults will be involved in the process, with opportunities for engagement in the new year. To be added to an e-mail list for Consolidated Plan updates, send an e-mail to [conplan@newtonma.gov](mailto:conplan@newtonma.gov) or call Alice Walkup at 617-796-1125. For more information about the Plan and process, visit [www.newtonma.gov/conplan](http://www.newtonma.gov/conplan).

## City of Newton Department of Parks & Recreation

*To register or for more information please call 617-796-1506 or visit [www.newtonma.gov/gov/parks](http://www.newtonma.gov/gov/parks)*

### **Newton North Aquatic Exercise Class**

Senior aquatic exercise classes will begin on Sunday December 22<sup>nd</sup> at the Newton North High School. Water aerobics is an excellent way to get relief from symptoms associated with health conditions such as arthritis, joint disease and circulatory problems. The class is low impact and designed for the senior participant. Let's make a splash this winter!

### **Winter Workout & Workshop**

Our 6 week Winter Workout Program at the Newton South Recreation Complex runs on Sunday afternoons from 12:00 -2:00 p.m. The workout includes use of the indoor track for jogging, walking or strolling. In addition, tone your muscles on the treadmills, rowing machines, stair climbers, stationary bikes, nautilus, free weights and more.

### **My Life, My Health Workshop**

This evidence based program is designed for adults who are living with the challenges of one or more chronic conditions. Participants learn techniques to help take control of their health and life, including healthy eating and exercise, how to deal with difficult emotions, stress, depression and pain. This six week program begins at the Newton South High School on January 5<sup>th</sup>. Participation is limited and registration is required. The program is brought to you by Springwell and is funded in part by a grant from the Tufts Health Plan Foundation.

### **Ballroom & Line Dance**

Ballroom and line dancing is available every Thursday from 1-3:30 p.m. at the Post 440 - 295 California Street - Newton, MA 02458. Helen Murphy plays all your favorite ballroom and line dance music. Newcomers are encouraged to attend! \$2 donation. Lessons now available on Friday mornings, registration required.

The Senior Citizens Fund of Newton  
PO Box # 600488  
Newtonville, MA 02460

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**Newton Department of Senior Services**

Phone 617-796-1660 Fax 617-969-9560

[www.newtonseniors.org](http://www.newtonseniors.org)

Monday - Friday, 8:30 a.m. - 4:00 p.m.



**Staff, 617-796-XXXX**

Jayne Colino, Director, 1671  
Alice Bailey, Executive Administrator, 1664  
Lucy Bedigian, Lunch Site Manager, 1668  
Ken Doucette, Custodian, P.M.  
Lynn Feinman, Aging In Place Project Mgr., 1675  
John Flynn, Custodian, A.M.  
Linda Johnson, Administrative Assistant, 1665  
Kathy Laufer, Clinical Social Worker, 1663  
Christie Rexford, Outreach Worker, 1672  
Molly Sass, Program Coordinator, 1670

**Council on Aging Members**

Nancy Brown	Susan Paley, Vice Chair
Audrey Cooper	Carol Rose
Holly Gunner	Carol Ann Shea
Rev. Howard Haywood	Diane Sostek
Marian Knapp, Chair	

**Advisory Board**

Shirley Farnham	Adele Hoffman	Eric Rosenbaum
Judy Fischbach	Ellen Krasney	Nancy Scammon
Norman Hartstone	Ernest Picard	Tom Shoemaker
Jo-Edith Heffron	Joyce Picard	

*Mission*

The mission of the Department of Senior Services is to optimize quality of life for seniors and their families through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

*Vision*

To provide sustained leadership that helps Newton be a livable and age friendly community for all who choose to age here.

*Statement of Welcome*

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs and advocacy.

*The Newton Senior Center/Council on Aging is a program of the Department of Senior Services, with funding made possible by the Newton Community Development Block Grant Program (CDBG). The publication of Coming of Age is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.*